

Charred Corn, Bean and Cheddar Quesadillas

with Avocado & Tomato Salad and Zesty Creme Fraiche

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day • Veggie

22



Red Onion



Garlic Clove



Sweetcorn



Black Beans



Mature Cheddar
Cheese



Central American
Style Spice Mix



Vegetable Stock
Paste



Super Soft Tortilla
with Whole Wheat



Lime



Baby Plum
Tomatoes



Avocado



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, bowl, fine grater and baking tray.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Sweetcorn	150g	244g	326g
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	90g	135g	180g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Beans*	75ml	100ml	150ml
Vegetable Stock Paste 10)	10g	15g	20g
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Lime**	½	1	1
Baby Plum Tomatoes	125g	250g	250g
Avocado	1	1½	2
Crème Fraiche** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	581g	100g
Energy (kJ/kcal)	3817 / 912	657 / 157
Fat (g)	52	9
Sat. Fat (g)	24	4
Carbohydrate (g)	78	13
Sugars (g)	13	2
Protein (g)	30	5
Salt (g)	3.29	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

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60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve and pop into a bowl. Drain and rinse the **black beans** in the sieve and pop **half** of them into another bowl, then mash with a fork until broken up. Grate the **cheese**.



Char the Sweetcorn

Heat a large frying pan on high heat (no oil). When hot, add the **sweetcorn** and season with **salt** and **pepper**. Dry-fry until starting to char, 5-6 mins. Only stir twice in this time to allow the **sweetcorn** to colour. Once the **sweetcorn** is charred, spoon into a bowl and set aside. Wipe out your pan.



Make the Filling

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**. When hot, add the **onion** and fry until softened, 4-5 mins. Once soft, add the **sweetcorn**, **black beans** (whole and mashed), **Central American style spice mix** and **garlic**. Season with **salt** and **pepper**, stir well and cook for 1 min. Pour in the **water for the beans** (see ingredients for amount) and **vegetable stock paste**. Stir together, bring to a simmer and cook until the **liquid** has evaporated, 4-5 mins.



Assemble the Quesadillas

Remove the pan from the heat, then stir through the **cheese**. Taste and season with **salt** and **pepper** if needed. Lay the **tortillas** onto a baking tray and spoon the **filling** onto one half of each one. Fold the other side over to make a semi-circle. Press down to keep together. Drizzle a little **oil** over the top, then bake on the top shelf of your oven until golden, 8-12 mins.



Salad Time

Meanwhile, zest and halve the **lime**. Halve the **tomatoes**. Squeeze the **lime juice** into a large bowl, then mix in a drizzle of **oil**. Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh onto a board. Chop into 2cm chunks. Add the **tomato** and **avo** to the **dressing**, then season with **salt** and **pepper**. Mix and set aside.



Finish and Serve

Put the **crème fraiche** into a small bowl with the **lime zest**. Season with **salt** and **pepper**, then mix together. Serve your **quesadillas** (2 per person) on plates with the **salad** alongside and top with a dollop of **crème fraiche**.

Enjoy!